

Risk Assessment:

Updated 06/04/2024 Nearest First Aid: Piddinghoe Office

Activity: Volleyball

Nearest Telephone: Mobile: 07877235945 Adam Chinery

Location: Piddinghoe Lake

Emergency Rally Point (If Applicable): Piddinghoe Car Park

Hazard	To Whom	Risk (LxS)	Preventative Measures	Reduced Risk	Review
Slips, Trips and Falls.	All	M	Ensure appropriate clothing, without excess fabric and footwear with good ankle support are worn at all times. Ensure lines are clearly marked. Careful placement is also advised. Ensure placement of the court is on flat even ground.	L	
Injury to wrists due to constant or improper use.	All	M	Careful tuition explaining best practice at the beginning of the session to reduce strain of use. Rotate teams regularly and encourage breaks to reduce level of use of wrists.	L	
Injury due to contact with players	All	M	Instruct on zoning, spreading the team and open communication. Express that Volleyball is a non-contact sport	L	
Injury due to contact with equipment.	All	M	Instruct an active posture, posed on the balls of the feet, ready to move with arms outstretched and prepared. Express care, awareness and attention to location and position on the court. Ensure all loose equipment is kept at least 2m from edge of court.	L	
Effects of the Sun and Exposure	All	L	Ensure hydration, regular breaks and shade time is taken regularly to prevent the effects of exposure or overheating.	L	

Equipment Requirements:

- First Aid
- PPE
- Radio Comms
- Mobile Phone
- Nourishment; Food, Water
- Spare Parts and Clothes

Conducted By: JDW and AMMC

Emergency Contacts:

- Brighton Watersports: 01273 232160
- Adam Chinery: 07877 235945
- Joseph Williams: 07500 437847
- Samantha Owen: